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Meet K.C. Cornwell

About K.C. the G-Free Foodie:

K.C. Cornwell has spent two decades as a food and wine professional, a natural progression from being raised as a farm kid in the fertile fields of Central California. Through her consulting firm, California Pomegranate Co., K.C. works with several restaurants, wineries and food brands. She created G-Free Foodie after being diagnosed with Celiac Disease following years of unexplained illness.

K.C. develops recipes and videos for a number of clients, providing content for Whole Foods Market, California Grown, California Fig Board and several gluten-free publications, including Australia's Yum Gluten-Free. Her work has been featured on BuzzFeed, Tastemade, feedfeed, and in GFF Magazine, where she became a contributing editor. After selling her G-Free Foodie Box Club to Love With Food in

Foods Market stores.

K.C. appears often as a cooking and wine expert on television throughout California, is a frequent radio guest, is a regular contributor on the PBS show Valley's Gold, and has appeared nationally on PBS and the Food Network.

She can be reached in her tomato garden, in her kitchen, or at kc (at) gfreefoodie (dot) com

Check out KC's personal blog

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K.C. THE G-FREE FOODIE

fertile fields of California's San Joaquin Valley. After being diagnosed with Celiac Disease following years of unexplained illness, she has infused her gluten-free life with flavor, fork in hand.

Learn more about K.C.

FEATURED RECIPES

Tomato Vinaigrette: An Easy Salad Dressing To Try Now

The Best Fried Eggplant Method To Try Now + Eggplant Napoleon Recipe

The Best Gluten-Free Angel Food Cake Recipe to Try Now

Tomato Water | The Fresh Tomato Recipe You Didn't Know You Needed

POPULAR CATEGORIES

Appetizers + Snacks
Beverages
Desserts
Dining Tips
Main Dishes
Quick + Easy
Salads + Dressings
Soups
Tips + Tricks

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